

Accessible Psychological Interventions (API)

Almost half of all Australians will experience mental illness at some point in their lives. Working with a mental health professional can help to enable you to deal with these issues effectively and gain a greater understanding of yourself, your behaviours and thinking patterns, and enhance your sense of wellbeing.

Better Place Australia provides professional psychological support and guidance for many personal or family issues such as:

- Depression
- Anxiety and Panic Disorders
- Stress Management
- Self Esteem
- Relationship Issues
- Sexual issues
- Grief and Loss
- Referrals to specialist support such as Alcohol and Other Drug Services, Gambling Support and Family Violence Services.

How does counselling work?

Through regular sessions, the clinician explores with you the difficulties and issues you may be facing and assists you to build strategies and coping skills to help you address them. The objective is to help you make a positive change and achieve your goals.

Who can counselling help?

All sorts of people seek counselling for any number of reasons, such as when they:

- Need help dealing with strong emotions such as grief, loss, sadness, anger, blame
- Are struggling to move on from past relationships
- Are in conflict with those close to them be it partners, parents, family, friends, colleagues or children
- Want help to identify what isn't working in their lives and develop strategies to improve

- Feel like their relationship needs work
- Want an impartial, non-judgmental person to talk to about their problems.

Is counselling confidential?

Yes. Nothing you discuss will be disclosed unless your permission has been given.

There are some circumstances under which confidentiality is limited. Your information will not be provided to a third party (outside funding bodies) unless required or authorised by law, for example, to protect someone from harm. Your counsellor will discuss these with you in your first session.

Are there costs for Better Place Australia services?

Better Place Australia offers the Accessible Psychological Interventions Service funded by the South-East Melbourne Primary Health Network (SEMPHN). The service is available to people who live and work in the catchment areas of SEMPHN. Better Place Australia service the Local Government Areas of Kingston and Cardinia.

For referral to this service, please call the SEMPHN Access and Referral team on **1800 862 363**.

Interpreters



You can ask us for an interpreter in your language.

What do I do now?

If you feel that your situation would benefit from mental health support, or you would just like to know more about it, please call **1800 639 523** or send an

For more information, visit
betterplaceaustralia.com.au